

Breaking the Vicious Cycle™ Legal-Illegal List

Item Name	Legal	Additional Information
Acorn Squash	Legal	
Agar-agar	Illegal	Contains polysaccharides. See wikipedia:agar-agar
Agave syrup	Illegal	
Algae	Illegal	We do not use algae (Spirulina) because IBD involves the immune system and algae can aggravate an already disturbed immune system.
Allspice	Legal	As long as you're just using Allspice as a cooking spice, it's legal. Don't use the oil, see Allspice
Almond butter	Legal	Almond butter with no sugar added is allowed.
Almond milk	Legal	May be tried after being on the diet for 6 months.
Almond oil	Legal	
Almonds	Legal	Nuts sold in mixtures are not allowed, as most are roasted with a starch coating. Nuts should only be used as nut flour, in recipes, until diarrhea has subsided.
Aloe Vera	Illegal	It contains mucilaginous polysaccharides as well as increasing the release of tumor necrosis factor which is associated with IBD inflammation and increased immune stimulation.
Amaranth flour	Illegal	Amaranth is a grain substitute, contains starches and so is not allowed.
Anchovies	Legal	
Apple Cider	Legal	It is brown and not clear as apple juice is. It should be just straight pressed apples. It is usually pasteurized in order to kill bacteria. Cider should be diluted with water before drinking.
Apple Juice	Illegal	Apple juice usually has sugar added during processing. Apple cider is allowed. It should be brown and not clear as apple juice is. Cider should be diluted with water before drinking.
Apples	Legal	
Apricots	Legal	
Arrowroot	Illegal	It is a mucilaginous herb. Mucilaginous herbs are loaded with starch. This starch is food for the pathogens that the SCD(TM) is designed to starve out.
Artichokes (French)	Legal	They are the green artichokes that you steam, then dip the leaves in lemon butter and scrape off with your teeth. They have edible hearts and an inedible choke.
Artichokes (Jerusalem)	Illegal	They are actually a tuber, and are not legal.

Breaking the Vicious Cycle™ Legal-Illegal List

Ascorbic acid	Legal	Should be nothing but Vitamin C.
Asiago cheese	Legal	May be used occasionally.
Asparagus	Legal	Fresh or frozen is allowed. Canned vegetables are not allowed.
Aspartame	Legal	When symptom free, one aspartame sweetened soft drink per week is allowed - Elaine. But see Aspartame in Knowledge Base.
Aspartic acid	Legal	
Astragalus	Illegal	contains polysaccharides
Avocado oil	Legal	Good for mayonaise and salad dressings but might not withstand heat very well
Avocados	Legal	
Bacon	Legal	Smoked bacon that has been fried very crisply is allowed once per week. There are sugar-free bacons available and if you are able to find a source of sugar-free bacon, you do not have to limit your consumption to once per week. Usually the low sodium varieties do not contain sugar but check the labels carefully.
Baker's yeast	Illegal	Saccharomyces cerevisiae is baker's yeast and is illegal.
Baking powder	Illegal	Has starch as an ingredient, (usually corn starch) and other illegals to make it rise better.
Baking soda	Legal	
Balsamic vinegar	Illegal	It's not that balsamic vinegar is illegal, it's that what you can get in the store isn't really balsamic vinegar and most have sugar added to them so Elaine doesn't allow it. You can make your own legal substitute though see scdrecipe
Bananas	Legal	They must be ripe with black spots on the skin.
Bark tea	Illegal	Bark tea (Pau d'Arco) contains steroidal saponins and is both an immune booster and a laxative.
Barley	Illegal	
Basil	Legal	
Bay Leaf	Legal	
Bean flour	Illegal	Do not use ready made flours made from beans or lentils as they probably weren't soaked prior to grinding to bean flour -
Bean sprouts	Illegal	
Bee Pollen	Illegal	Pollen is irritating to a damaged gut. Clear, pure, pasteurized honey is okay. Cloudy honey (still containing the pollen) should be avoided. - Sheila
Beef	Legal	Fresh and frozen are allowed as long as nothing has been added during processing; check the labels carefully.

Breaking the Vicious Cycle™ Legal-Illegal List

Beer	Illegal	
Beets	Legal	
Berries	Legal	Berries of all kinds are legal.
Bhindi	Illegal	No okra (bhindi) or drumsticks, since they are a mucilaginous food, they are illegal.
Bitter Gourd	Illegal	
		May be tried when symptom free. Dried legumes must be prepared according to the instructions in the book, Breaking the Vicious Cycle.'
Black beans	Legal	
Black eye beans	Illegal	
Black radish	Legal	It is very fibrous, so go slowly and be careful.
Blue cheese	Legal	May be used occasionally.
		Bok Choy is much like cabbage and is legal but you should not use a member of the cabbage family until you are well on your way to getting better. In other words, do not use if you still have diarrhea and gas.
Bok Choy	Legal	
Bologna	Illegal	
		Bouillon cubes and instant soup bases are not permitted.
Bouillon cubes	Illegal	
Bourbon	Legal	Only have it occasionally.
Brandy	Illegal	
		Nuts sold in mixtures are not allowed, as most are roasted with a starch coating.
Brazil nuts	Legal	
Brick cheese	Legal	May be used freely.
Brie cheese	Legal	May be used occasionally.
Broccoli	Legal	
Brussell sprouts	Legal	
Buckwheat	Illegal	
Bulgur	Illegal	
Burdock root	Illegal	It contains inulin (FOS) and mucilage.
Butter	Legal	
Butter beans	Illegal	
Buttermilk	Illegal	
Butternut squash	Legal	
		You should not use a member of the cabbage family until you are well on your way to getting better. In other words, do not use if you still have diarrhea and gas.
Cabbage	Legal	
Camembert cheese	Legal	May be used occasionally.
Canellini beans	Illegal	
		Canned in oil or water is acceptable but check the labels carefully. Do not buy products containing "broth". Usually, the low sodium varieties do not contain "broth".
Canned fish	Legal	
Canned fruits	Illegal	Fruits canned in their own juice are allowed.
Canned vegetables	Illegal	There are no canned vegetables permitted, they must either be fresh or frozen.

Breaking the Vicious Cycle™ Legal-Illegal List

Canola oil	Legal	Legal, but not recommended.
Cantaloupe	Legal	
Capers	Legal	
Carob	Illegal	
Carrageenan	Illegal	Carrageenan is seaweed and high in polysaccharides, therefore illegal.
Carrots	Legal	
Cashews	Legal	Nuts sold in mixtures are not allowed, as most are roasted with a starch coating.
Cauliflower	Legal	Cauliflower is sometimes hard to digest and should be tried cautiously after some progress has been made on the diet.
Celeriac /celery root	Legal	However, you should go slow and be careful. It is very fibrous, even if it doesn't seem so when you steam it and mash it.
Celery	Legal	
Cellulose (in supplements)	Legal	Cellulose in your supplements is okay and virtually impossible to avoid.
Cellulose Gum	Illegal	
Cereals	Illegal	However for a hot cereal see SCDrecipe Hot cereal
Chard	Legal	Chard (red, green, rainbow and swiss). Chard is similar to spinach/celery so it is legal. It also reminds me a bit of the cabbage family so use with caution if gas is still a problem - Elaine
Cheddar cheese	Legal	May be used freely.
Cheese	Legal	If a cheese is not a processed cheese (manufactured) but is a cheese that has had a bacterial culture involved with its production and is aged at least 30 days. Elaine says its OK.
Cherimoya	Legal	Also known as custard apple or sharifa.
Cherries	Legal	
Chestnut flour	Illegal	
Chestnuts	Legal	May be tried when symptom free. However, if you buy dried chestnuts, soak them and cook them until soft.
Chevre	Illegal	Chevre is illegal, but you can make a close approximation by dripping goat milk yogurt. Directions can be found at http://uclbs.org/recipes/dairy/suegoatcheese.php
Chewing gum	Illegal	Contains things like aspartame, maple or date sugar and other sugar substitutes which are illegal.
Chick peas	Illegal	

Breaking the Vicious Cycle™ Legal-Illegal List

Chickory root	Illegal	Chickory root is not legal. In my first book, I suggested that it might be used instead of coffee beans. I have since learned that it contains large amounts of fructooligosaccharides. - Elaine
Chlorella	Illegal	It is a blue-green algae similar to spirulina
Chocolate	Illegal	Dr. Haas advised not to use cocoa or chocolate and this still goes, it isn't just the sugar he was worried about.
Cilantro	Legal	
Cinnamon	Legal	
Citric Acid	Legal	Citric acid as an additive is OK
Club soda	Legal	
Cocoa powder	Illegal	Dr. Haas advised not to use cocoa or chocolate and this still goes, it isn't just the sugar he was worried about.
Coconut	Legal	Fresh or unsweetened, shredded coconut and coconut flour are all legal.
Coconut milk	Legal	May be tried after being on the diet for 6 months.
Coconut oil	Legal	Withstands heat well, good for frying/cooking,
Coffee	Legal	Coffee should be made very weak. Instant coffee is not allowed.
Coffee (instant)	Illegal	
Colby cheese	Legal	May be used freely.
Collard greens	Legal	Of the cabbage family, introduce late in the diet
Cordials	Illegal	
Corn	Illegal	
Corn oil	Legal	
Corn syrup	Illegal	
Cornstarch	Illegal	
Cottage cheese	Illegal	
Courgette	Legal	Also known as zucchini
Cranberry juice	Legal	We use Knudsen's Just Cranberry juice, as it has been checked out and does not have sugar added. It can be found in most health food stores. Juice should be diluted with water before drinking. Since this is pure cranberry juice it is very tart, you may sweeten it with saccharine or honey or dilute it with legal apple cider instead of water.
Cream	Illegal	It is illegal as it contains lactose. Cream can be added to milk and then fermented to make SCD(TM)24hr yoghurt as the lactose will be used up in the fermentation. Cream has less lactose than milk and the more fat it contains the less lactose it has.
Cream cheese	Illegal	

Breaking the Vicious Cycle™ Legal-Illegal List

Cream of Tartar	Illegal	
Croscomellose sodium	Illegal	
Cucumbers	Legal	
Custard apple	Legal	Also known as sharifa or cherimoya
Cyclamate	Legal	It is actually a better alternative than saccharine, if you can get it, because it has no aftertaste. But it's almost impossible to find by itself, and certainly not available in NA.
Date sugar	Illegal	May be tried after being on the diet for quite sometime and symptom free but it is not recommended.
Dates	Legal	Medjool and California dates are allowed. They must be loose and not have anything added.
Decaffeinated Products	Illegal	Decaffeinated products are not legal since the manufacturing process may introduce questionable ingredients or reactions..
Dextrose (contained in commercial products)	Illegal	The problem with the dextrose and fructose which is being sold as a granulated form as well as the dextrose contained in commercial products is that it is not pure dextrose which should be the same as the single sugar glucose found in fruits and honey.
Dried milk solids	Illegal	
Drumsticks	Illegal	No okra (bhindi) or drumsticks. Since they are a mucilaginous food, they are illegal.
Dry Curd Cottage Cheese (DCCC)	Legal	DCCC sources
Durum Flour	Illegal	Its a type wheat grain flour
Echinacea	Legal	Especially if it is in Alcohol, but even it is in pill form with a bit of lactose. It can be very helpful if a cold or flu is coming on.
Edam cheese	Legal	May be used occasionally.
Eggplant	Legal	
Eggs	Legal	
EMPower	Illegal	Has many Illegal ingredients, Brown Rice Bran, FOS, Bifidus, flax seed
Ethanol	Legal	Ethanol is alcohol - the kind in gin, etc.
Evaporated cane juice	Illegal	Fancy name for sugar
Ezekiel Bread	Illegal	Sprouted grain breads are illegal.
Faba beans	Illegal	
Fenugreek	Illegal	
Feta Cheese	Illegal	Feta may be used after about 6 months of improvement. But used only in small amounts.

Breaking the Vicious Cycle™ Legal-Illegal List

Figs	Legal	Figs unpolluted by chemicals or additives are fine, however I find them, especially in dried form; to be a laxative. They also contain hundreds of tiny hard seeds which can be hard on the intestines. I'm still unable to tolerate them after almost a year on the SCD. If I were you I'd leave figs until you've been symptom free for at least a while. - Rob B
Filberts (hazelnuts)	Legal	Nuts sold in mixtures are not allowed, as most are roasted with a starch coating. Nuts should only be used as nut flour, in recipes, until diarrhea has subsided.
Fish	Legal	Fresh and frozen are allowed as long as nothing has been added during processing; check the labels carefully.
Flax seed	Illegal	See Flax seed and flax seed oil within the Knowledge Base section.
Flax seed oil	Legal	See Flax seed and flax seed oil within the Knowledge Base section
Flour	Illegal	
FOS	Illegal	Also known as fructooligosaccharides. See, FOS in the Knowledge Base section/.
Fowl	Legal	All types including turkey, chicken, duck, goose, pheasant, pigeon etc
Frozen Orange Juice (concentrated)	Illegal	If orange juice is just frozen and has no additives then it is legal, however frozen orange juice is normally concentrated before freezing and the process to concentrate it makes it illegal see frozen orange juice processing
Fructose (granulated)	Illegal	
Fruits (canned)	Legal	Fruits canned in their own juice are allowed.
Garbanzo beans	Illegal	
Garfava flour	Illegal	Made from two types of beans, Garbanzo beans and Fava beans, neither are SCD(TM)legal.
Garlic	Legal	Use fresh garlic; garlic powders have starch added as anti-caking agents. You may also make your own garlic powder from fresh garlic by dehydrating it and grinding it yourself.
Gelatin (unflavored)	Legal	It is a denatured protein that has lost its tertiary structure although it is not the best protein.
Ghee	Legal	It's clarified butter
Gin	Legal	Only have it occasionally.
Ginger	Legal	
Gjetost cheese	Illegal	
Glucose candy	Illegal	Contains granulated glucose is known to contain other sugars in addition to glucose.

Breaking the Vicious Cycle™ Legal-Illegal List

Glycerin	Legal	Since glycerin is not a sugar to begin with, the "ol" at the end does not make it a sugar alcohol. Glycerin is considered to belong to the fat family. So does glycerol.
Glycerol	Legal	Since glycerin is not a sugar to begin with, the "ol" at the end does not make it a sugar alcohol. Glycerin is considered to belong to the fat family. So does glycerol.
Goatein	Illegal	It is a Protein powders that contains Bifidobacteria Bifidum. Protein Powders are a bad idea in any case as they're generally oxidized cholesterol - damaged by heat. - Deborah
Gorgonzola cheese	Legal	May be used occasionally.
Gouda cheese	Legal	May be used occasionally.
Granulated glucose	Illegal	It is known to contains other sugars in addition to glucose.
Grape juice	Legal	White or dark grape juice is allowed. We use Welch's bottled grape juice, as it has been checked out and does not have sugar added. Avoid frozen grape juice, it usually has sugar added. Juice should be diluted with water before drinking.
Grapefruit	Legal	
Grapefruit juice	Illegal	Only legal if fresh. Frozen, or canned grapefruit juice is not allowed. Juice should be diluted with water before drinking.
Grapes	Legal	
Grapeseed oil	Legal	
Green tea	Legal	Limited to 2 cups per day.
Gruyere cheese	Legal	
Guar Gum	Illegal	
Gums	Illegal	All gums are illegal.
Ham	Legal	Only if cured with salt, it is illegal if cured with sugar dextrose etc see Ham
Haricot beans	Legal	These are legal and are the same as navy beans. Dried legumes must be prepared according to the instructions in the book, Breaking the Vicious Cycle.
Havarti cheese	Legal	May be used freely.
Hazelnuts (filberts)	Legal	Nuts sold in mixtures are not allowed, as most are roasted with a starch coating. Nuts should only be used as nut flour, in recipes, until diarrhea has subsided.
Hemp seed, Hemp protein powder	Illegal	
HN-Zyme	Legal	
Homemade yogurt	Legal	This is the SCD(TM) yogurt fermented for 24 hours to break down the lactose.

Breaking the Vicious Cycle™ Legal-Illegal List

Honey	Legal	
Horseradish sauce	Legal	If homemade, if manufactured only if you know they have not added illegals
Hot dogs	Illegal	Commercially produced hotdogs will normally be illegal but here is a legal recipe on SCDiet by Marilyn
Hydrolyzed Protein	Illegal	This is another term for MSG. Regardless of whether it is SCD(TM) legal or not, we should all try to avoid it. MSG can be a potent neurotoxin.
Ice cream	Illegal	Commercially prepared ice cream is not allowed. However, there are many wonderful recipes for homemade ice cream.
Inositol	Illegal	Inositol is a sugar alcohol. Sugar alcohols will feed bacteria and that is something we do not want to do. Sugar alcohols generally cause diarrhea but small amounts in supplements are ok - Elaine
Inulin	Illegal	Inulin is a FOS and is illegal, see Inulin
Iron supplements	Illegal	Please do not get vitamins with iron; they encourage all kinds of infections especially in the gut, and iron has had much research done on it re other diseases. No oral iron if you can help it. Just eat the liver pate and if you like liver, eat it at least once a week.
Isoglucose	Illegal	It is a new sweetner likely to be used in many products in future. See Isoglucose
Jaggery (gur)	Illegal	
Jalapenos	Legal	
Jicama	Illegal	
Juice from concentrate	Illegal	Juice from concentrate is normally illegal because when it is reconstituted they often add other things (like sugar). Often additives are not listed on the label
Kale	Legal	
Kefir	Illegal	See, Kefir
Ketchup	Illegal	Commercially prepared ketchup contains sugar and is not allowed. See the gourmet section of the book, Breaking the Vicious Cycle for a ketchup recipe.
Kidney beans	Legal	(All Types) May be tried when symptom free. Dried legumes must be prepared according to the instructions in the book, Breaking the Vicious Cycle.
Kimchi	Legal	See Kimchi
Kiwi fruit	Legal	
Kohlrabi	Illegal	See Kohlrabi

Breaking the Vicious Cycle™ Legal-Illegal List

Konjac	Illegal	Also called konjaku, konnyaku, or the konnyaku potato, or elephant yam. The dried corm of the konjac plant contains around 40% glucomannan gum. See Miracle Noodles.
Kudzu (or kuzu)	Illegal	It is a mucilaginous herb. Mucilaginous herbs are loaded with starch. This starch is food for the pathogens that the SCD(TM) is designed to starve out.
Kumquats	Legal	
KyoGreen powder	Illegal	
L-Theanine	Legal	It is an amino acid, as long as its pure without illegal binders, etc its legal, as with any new food go slow introducing it. - Seth
Lactaid Milk	Illegal	The rate of flow of galactose to the liver when one drinks lactose hydrolyzed milk is high. With lactose hydrolyzed milk, you are ingesting the two sugars: glucose and galactose at the same time. Note: Lactaid Milk is Lactose Hydrolyzed Milk
Lactose Hydrolyzed Milk	Illegal	The rate of flow of galactose to the liver when one drinks lactose hydrolyzed milk is high. With lactose hydrolyzed milk, you are ingesting the two sugars: glucose and galactose at the same time. Note: Lactaid Milk is Lactose Hydrolyzed Milk
Lamb	Legal	Fresh and frozen are allowed as long as nothing has been added during processing; check the labels carefully.
Lecithin	Legal	Derived from soy (illegal). There is plenty of good lecithin in egg yolks, and Elaine sees no particular need to take it outside of a whole food.
Leek	Legal	
Lemons	Legal	
Lentils	Legal	Dried legumes must be prepared according to the instructions in the book, Breaking the Vicious Cycle.
Lettuce	Legal	All varieties of lettuce are legal.
leucine	Legal	(supplement ingredient)
Licorice	Illegal	Licorice is both a demulcent and a laxative. For more info on demulcents see, Licorice and Demulcents
Lignin	Illegal	Grinding lignin and tough stuff does not prevent certain microorganisms from thanking you for chewing up their nutrition. The little buggers then respond by eating faster and making more babies and toxins.

Breaking the Vicious Cycle™ Legal-Illegal List

Lima beans	Legal	Dried or fresh are permitted. Dried legumes must be prepared according to the instructions in the book, Breaking the Vicious Cycle.
Limburger cheese	Legal	May be used occasionally.
Limes	Legal	
Liqueurs	Illegal	
Liquid Clorophyll	Illegal	
Macadamia nuts	Legal	
Macadamia oil	Legal	Makes the best tasting mayo - Deborah. Withstands heat well
Magnesium citrate	Legal	(As a supplement ingredient)
Magnesium Stearate	Legal	(As a supplement ingredient)
Maltitol	Illegal	Sorbitol, mannitol, and xylitol are all sugar alcohols and are not SCD(TM) legal. They fall under the category of indigestible carbs and sugars, and so allow companies to label things 'sugar free', even though they are providing nutrition to the bacteria that live in your digestive tract.
Maltodextrin	Illegal	Maltodextrin is the worst of the small molecules of sugars. It is a very short chain of glucose molecules (derived from starch). The chances of digestion are practically nil. It therefore will feed bacteria and because of its particular structure, Elaine feels it is worse than even lactose.
Manchego Cheese	Legal	
Mangoes	Legal	
Mannitol	Illegal	Sorbitol, mannitol, and xylitol are all sugar alcohols and are not SCD(TM) legal. They fall under the category of indigestible carbs and sugars, and so allow companies to label things 'sugar free', even though they are providing nutrition to the bacteria that live in your digestive tract.
Maple syrup	Illegal	Maple syrup is a disaccharide.
Margarine	Illegal	
Marshmallow	Illegal	It is a mucilaginous herb. Mucilaginous herbs are loaded with starch. This starch is food for the pathogens that the SCD(TM) is designed to starve out.
Mastic gum	Illegal	
Mead	Illegal	If homemade and ingredients are honey and yeast, commercial is likely to have sugar added and is illegal
Meats	Legal	All fresh or frozen meats with no additives or processing are legal including beef, lamb, pork, liver, kidney, oxtail and tongue
Meats (canned)	Illegal	

Breaking the Vicious Cycle™ Legal-Illegal List

Meats (processed)	Illegal	Most have additives such as starch, lactose and sugar e.g. hot dogs, turkey loaf, spiced ham, bologna, smoked meats.
Melatonin	Illegal	
Melon	Legal	All types are Legal
Milk	Illegal	Fluid milk of any kind is not permitted.
Millet	Illegal	
Miracle Noodles	Illegal	Made of glucomannan, a water-soluble polysaccharide. Glucomannan is obtained from the root of an Asian plant called konjac (full name Amorphophallus konjac). It has been nicknamed the elephant yam, and also called konjaku, konnyaku, or the konnyaku potato.
Miso	Illegal	
Molasses	Illegal	
Molo-cure	Illegal	The main constituent of Molo-cure is aloe. Aloe is not SCD(TM) compliant as it contains mucilaginous polysaccharides as well as increasing the release of tumor necrosis factor which is associated with IBD inflammation and increased immune stimulation.
Monterey Jack cheese	Legal	May be used occasionally.
Mozzarella cheese	Illegal	
MSG	Illegal	Regardless of whether it is SCD(TM) legal or not, we should all try to avoid it. MSG can be a potent neurotoxin.
Mucilaginous Herbs	Illegal	Slimy, mucilaginous substances are often prescribed as some think the "coating" properties are helpful to the intestines. They aren't. We who have compromised guts cannot digest this stuff but our bugs can have quite a party on it.
Mucilaginous Polysaccharides	Illegal	Slimy, mucilaginous substances are often prescribed as some think the "coating" properties are helpful to the intestines. They aren't. We who have compromised guts cannot digest this stuff but our bugs can have quite a party on it.
Muenster cheese	Legal	May be used occasionally.
Mungbeans	Illegal	
Mushrooms	Legal	
Mustard (plain)	Legal	Mustard is legal as long as it doesn't contain illegal ingredients; read the labels carefully.
Natural cheeses	Legal	See the appendix of the book, Breaking the Vicious Cycle, for a complete list of allowable cheeses.

Breaking the Vicious Cycle™ Legal-Illegal List

Natural Flavors	Illegal	Natural flavoring can be used to refer to anything, including the chemicals coming from big "flavor" companies which sell chemicals to food processors.
Navy beans	Legal	Dried legumes must be prepared according to the instructions in the book, Breaking the Vicious Cycle.
Nectarines	Legal	
Nettles	Illegal	Adverse effects from consuming nettle tea can range from upset stomach to burning sensations in the skin, difficulty in urination and bloating.
Neufchatel cheese	Illegal	
Noni Juice	Illegal	
Nutmeg	Legal	
Oats	Illegal	
Okra	Illegal	No okra (bhindi) or drumsticks, since they are a mucilaginous food, they are illegal.
Olive oil	Legal	Olive oil withstands heat well, good for frying cooking and is highly recommended.
Olives	Legal	Olives are legal as long as they do not contain illegal ingredients; read the labels carefully.
Onions	Legal	Use fresh onions. Onion powders have starch added as anti-caking agents. You may also make your own onion powder from fresh onions by dehydrating them and grinding them yourself.
Orange juice	Legal	Fresh orange juice that does not have sugar added is allowed. While diarrhea is active, avoid having orange juice in the morning. We use Tropicana's Original Orange Juice, as it has been checked out and does not have sugar added.
Oranges	Legal	
Oregano	Legal	
Papayas	Legal	
Pappadum	Illegal	They are an Indian snack made from lentils - they're like a chip. Also contains rice flour
Paprika	Legal	
Parmesan cheese	Legal	May be used occasionally.
Parsley	Legal	
Parsnips	Illegal	At one time, I had them included in my book but after getting feedback from the inflammatory bowel listserv, I took them off. Some children do well with them; others do not. However, they are pretty good from a carb standpoint and Dr. Haas allowed them. - Elaine
Passion Fruit	Legal	

Breaking the Vicious Cycle™ Legal-Illegal List

Pasta	Illegal	
		Bark tea (Pau d'Arco) contains steroidal saponins and is both an immune booster and a laxative.
Pau 'Arco	Illegal	
Pea flour	Illegal	
Peaches	Legal	
Peanut butter	Legal	Natural peanut butter with no sugar added is allowed.
Peanut Oil	Legal	
		Peanuts in the shell may be tried cautiously after 6 months on the diet if diarrhea is gone. Shelled peanuts are illegal. Nuts sold in mixtures are not allowed, as most are roasted with a starch coating.
Peanuts	Legal	
Pears	Legal	
Peas	Legal	
		Nuts sold in mixtures are not allowed, as most are roasted with a starch coating. Nuts should only be used as nut flour, in recipes, until diarrhea has subsided.
Pecans	Legal	
		It is a polysaccharide which, in the presence of acid and sugar, gels. It is used as a thickener in jams, and occurs naturally in some fruit, like apples. In apples, it's mostly in the peel, and for someone beginning the diet, you normally wouldn't get too much from eating an apple, because you'd peel it. Pectin as an added ingredient is not legal, as it is a complex sugar.
Pectin	Illegal	
		Some brands out there put in natural flavourings which would make them illegal, so check the ingredients carefully - Charlene
Peppermint tea	Legal	
		Green, yellow, and red peppers are permitted. Also jalapeno peppers, habanera peppers, chili peppers, poblano peppers, relleno peppers, etc. are legal.
Peppers	Legal	
Peptizyde	Legal	
Persimmons	Legal	
		Another name for lecithin which is legal. Eggs have a huge amount of this but if you are not eating eggs, perhaps a bit of supplement is fine. - Elaine
Phosphatidylcholine	Legal	
		Dill pickles are legal as long as they do not contain illegal ingredients; read the labels carefully. DILL PICKLES by Elaine Gottschall http://www.scdiet.net/elainesrecipes.htm
Pickles (dill)	Legal	
		They are very hard to digest and even grinding them for pesto doesn't make them any easier on your gut. May be tried in small amounts after symptoms have subsided.
Pine nuts	Legal	

Breaking the Vicious Cycle™ Legal-Illegal List

Pineapple	Legal	
		fall 2010 update: "The Dole 100% Pineapple juice in the can now adds Vitamins A, C and E. The Vitamin A is bound with cornstarch." old info: Fresh pineapple juice that does not have sugar added is allowed. We use Dole's unsweetened pineapple juice in the can, as it has been checked out and does not have sugar added. Juice should be diluted with water before drinking.
Pineapple juice	Illegal	
Pinto beans	Illegal	Even after soaking they have the wrong kind of starch
		They are legal, but the skins can be really tough for newbies. And don't get the pink dyed ones, or the salted ones because they can have starch added to them. You can get unsalted, unroasted pistachios at the health food store and then roast them yourself. For instructions see, Pistachio Nuts
Pistachio nuts	Legal	
Plantains	Illegal	They contain too much starch.
Plums	Legal	
Polysorbate 80	Illegal	See Polysorbate 80
Pomegranate concentrate	Illegal	
		Fresh and frozen are allowed as long as nothing has been added during processing; check the labels carefully.
Pork	Legal	
		Use the plain pork rinds with no added flavourings and check the label carefully to make sure they don't contain illegal ingredients
Pork Rinds	Legal	
Port du Salut cheese	Legal	May be used occasionally.
Port wine	Illegal	Its full of sugar
Postum	Illegal	
Potassium Sorbate	Legal	(supplement ingredient)
Potatoes	Illegal	Both white and sweet potatoes are illegal.
		Fresh and frozen are allowed as long as nothing has been added during processing; check the labels carefully.
Poultry	Legal	
Primal Defense	Illegal	See, Primal Defense
Primost cheese	Illegal	
		See the appendix of the book, Breaking the Vicious Cycle, for a complete list of illegal cheeses.
Processed cheeses	Illegal	
Protein powder	Illegal	See, Protein powder
		Although not listed with the other cheeses on page 140 of Breaking the Vicious Cycle, provolone cheese is legal.
Provolone cheese	Legal	
Prunes	Legal	

Breaking the Vicious Cycle™ Legal-Illegal List

Psyllium husks	Illegal	They are loaded with cellulose and lignin which some bacteria thrive on. We accept that the cellulose in vegetables and fruit can be handled OK but a concentrated form such as husks would not be in order.
Pumpkin	Legal	Fresh pumpkin is legal, canned pumpkin is not allowed. Butternut squash may be used as a substitute for pumpkin in baking.
Pumpkin (canned)	Illegal	Canned pumpkin is illegal. Butternut squash may be substituted for pumpkin in baking.
Quinoa	Illegal	Since Quinoa is 60% starch, it is very illegal.
Quorn	Illegal	
Raisins	Legal	Try them cautiously.
Rhubarb	Legal	
Rice	Illegal	Both brown and white rice are illegal.
Rice Bran	Illegal	Except as a supplement filler as it is mainly oil. If one is taking a supplement which has proven to be efficacious, then the small amount of filler within the supplement will probably not have an adverse effect. - Elaine.
Rice Flour	Illegal	
Ricotta cheese	Illegal	
Romano cheese	Legal	May be used occasionally.
Roquefort cheese	Legal	May be used occasionally.
Rosemary	Legal	
Rutabaga	Legal	Also known as swede It is very fibrous, so go slow and be careful.
Rye	Illegal	
Saccharine	Legal	
Safflower oil	Legal	
Sage	Legal	
Sago starch	Illegal	
Sake	Illegal	It is not a distilled spirit like Vodka and it is the distillation that removes the illegals - Seth Both sweet and dry sake still have sugar and actually the dry sake has more sugar than the sweet sake but you can't taste it because of the acidity. - Kim
Salt	Legal	Ordinary iodized table salt, altho it sometimes has dextrose, is legal because it is important to get that iodine
Sashimi	Legal	(Japanese sushi-style raw fish served all by itself w/o rice)
sauerkraut	Legal	Only for advanced SCD'ers
Seaweed	Illegal	Seaweed is high in polysaccharides and therefore illegal.
Seed Butters	Illegal	Seed Butters

Breaking the Vicious Cycle™ Legal-Illegal List

		It is not allowed because the quantity of the flour way surpasses the few seeds that Elaine had in mind when she said "seeds are permissible after 3 months of no symptoms."
Seed Flour	Illegal	
Seeds	Legal	Permissible after 3 months of no symptoms.
Sesame oil	Legal	
Sesame seeds	Illegal	Sesame seeds
Sharifa	Legal	Also known as custard apple or cherimoya
		Fresh and frozen are allowed as long as nothing has been added during processing; check the labels carefully.
Shellfish	Legal	
Sherry	Illegal	
Silica	Legal	(supplement ingredient)
Silicon Dioxide	Legal	(supplement ingredient)
		It is a mucilaginous herb. Mucilaginous herbs are loaded with starch. This starch is food for the pathogens that the SCD(TM) is designed to starve out.
Slippery elm	Illegal	
		Unless you know with certainty that no sugar has been added during the smoking process, they are not permitted.
Smoked meats	Illegal	
Sodium Benzoate	Legal	(supplement ingredient)
Sodium starch glycinates	Illegal	
		Sorbitol, mannitol, and xylitol are all sugar alcohols and are not SCD(TM) legal. They fall under the category of indigestible carbs and sugars, and so allow companies to label things 'sugar free', even though they are providing nutrition to the bacteria that live in your digestive tract.
Sorbitol	Illegal	
Sour cream	Illegal	
Soy	Illegal	See - Soy
		Derived from soy (illegal). There is plenty of good lecithin in egg yolks, and Elaine sees no particular need to take it outside of a whole food. Also see Carlsons fish oil
Soy Lecithin	Legal	
Soy Sauce	Illegal	Soy sauce is a fermented soy product and also contains wheat so it is illegal.
Soybean milk	Illegal	
Soybean oil	Illegal	
Soybeans	Illegal	
Spearmint Tea	Legal	
Spelt	Illegal	
		Spices of all kinds may be used, but avoid spice mixtures; buy spices separately.
Spices	Legal	
Spinach	Legal	

Breaking the Vicious Cycle™ Legal-Illegal List

Spirulina	Illegal	We do not use algae (Spirulina) because IBD involves the immune system and can aggravate an already disturbed immune system.
Splenda	Illegal	There are several reasons why it is illegal, see Splenda
Split peas	Legal	Dried legumes must be prepared according to the instructions in the book, Breaking the Vicious Cycle.
Sprouted Grain Bread	Illegal	
Squash	Legal	Both winter and summer squashes are legal.
Stevia	Illegal	Its molecular structure resembles a steroid and the effects are unknown. See, Stevia
Stilton cheese	Legal	May be used occasionally.
String beans	Legal	Also called Green Beans
Sucralose	Illegal	There are several reasons why it is illegal, see Splenda
Sulphites	Legal	When a fruit such as peaches (dried) and coconut is sulphated, it means it has been exposed to sulphur to keep the color from darkening. Some people are allergic to sulphated products but most of us are not bothered by them.
Sunflower oil	Legal	
Swede	Legal	Another name for rutabaga
Sweet Potatoes	Illegal	
Swiss cheese	Legal	May be used freely.
Tabasco sauce	Illegal	Only the original red Tabasco sauce, labeled "McIlhenny Company Tabasco Brand Pepper Sauce" is legal but as with all manufactured products check the ingredients. The other Tabasco styles all have sugars and gums added.
Tagatose	Illegal	
Tamari	Illegal	It is made from soy
Tamarind	Illegal	See, Tamarind
Tangerines	Legal	
Tapioca	Illegal	It is a starch, therefore illegal.
Tapioca Flour	Illegal	
Taro	Illegal	It has much too much starch in it and is very similar to potatoes.
Tarragon	Legal	
Tea	Legal	Ordinary black tea is legal but should be made weak. Instant tea, Ojibwa tea (Essiac), many herbal teas, teas made from bark etc are full of polysaccharides and are illegal. Peppermint and spearmint herb teas are legal, and you can make a tea from ginger which is also legal.
Thyme	Legal	

Breaking the Vicious Cycle™ Legal-Illegal List

Tofu	Illegal	It is made from soy
Tofutti cheese	Illegal	
tomato	Legal	Canned tomatoes are illegal.
Tomato juice (canned)	Legal	Should only have salt added. Also see Tomato Juice - canned
Tomato paste (canned)	Illegal	
Tomato puree (canned)	Illegal	
Tomato sauce (canned)	Illegal	
Triticale	Illegal	
Turbinado	Illegal	It is liquid cane sugar, therefore it is illegal.
Turnips	Illegal	In the most recent printing of BTVC (Ninth Printing - May 2002), turnips were moved from the 'allowed' list to the 'not allowed' list.
V8 Juice	Illegal	It has tomato paste listed as an ingredient. Elaine has listed tomato paste as being illegal. It is also made from concentrate and has added sugar.
Vanillin	Legal	But not in concentrated form see Vanillin
Vegetable stearate	Legal	I believe that stearate is always a fat (stearic acid) so vegetable stearate would be a fat from some vegetable like coconut, etc. -- Elaine
Vegetables (canned)	Illegal	Canned vegetables are not permitted; they must either be fresh or frozen.
Vinegar	Legal	Red and white wine vinegar also white and cider vinegars are allowed but check the label for added illegals. Balsamic vinegar is not allowed as it has added sugar. However you can make your own legal balsamic vinegar substitute see scdrecipe
Vodka	Legal	Only have it occasionally.
Walnut oil	Legal	Doesn't withstand heat very well
Walnuts	Legal	Nuts sold in mixtures are not allowed, as most are roasted with a starch coating. Nuts should only be used as nut flour, in recipes, until diarrhea has subsided.
Wasabi	Legal	As long as it is in its natural state and hasn't had fillers added by a manufacturer
Water chestnuts	Illegal	Nuts sold in salted mixtures should be avoided--most have been roasted with a starch coating.
Watercress	Legal	
Watermelon	Legal	
Wheat	Illegal	
Wheat germ	Illegal	
whisky	Legal	Only have it occasionally.
Wine	Legal	Very dry wine is legal. See, Wines for more information on dry wines.
Xanthum Gum	Illegal	

Breaking the Vicious Cycle™ Legal-Illegal List

		Sorbitol, mannitol, and xylitol are all sugar alcohols and are not SCD(TM) legal. They fall under the category of indigestible carbs and sugars, and so allow companies to label things 'sugar free', even though they are providing nutrition to the bacteria that live in your digestive tract.
Xylitol	Illegal	
Yams	Illegal	
		Eating commercial yoghurt is not permitted. Commercial yoghurt may be used as a starter for making homemade yogurt. For directions for making yoghurtsee, See Commercial Yoghurt
Yoghurt (commercial)	Illegal	
Yoghurt (homemade)	Legal	See, yoghurt in the Knowledge Base section for instructions on how to make legal yoghurt.
Yucca Root	Illegal	
Zucchini	Legal	Also known as Courgette